



EXHIBIT A
LISTING OF ALL AMENDMENTS AND CLAIMS (8-9-2004)

In the Specification

Please amend the 3rd and 4th paragraphs on page 19 as follows:

Once all boxes are satisfactorily filled in, the user then proceeds to page four, which may be entitled "Your Custom Health Book". Within seconds, a graphic appears showing a book cover opening. The first "Chapter" (of the user's healing story) will reveal a list of the alternative health measures that are together most effective for ALL the conditions the user asked about. The user is given many helpful tips in a warm and personal tone for understanding the health conditions asked about, for what to expect from natural health measures, and taught that health improves gradually, step by step, over days and weeks and months. ~~Every 4 (??)~~ Approximately every four weeks s/he can return, input progress & new health information or requests, and (for fee) turn to the next chapter of his/her "CHB".

The health steps provided in the "CHB", derived from our Protocols and matched to the user's selections, will include approximately 12-15 Solution Elements. ~~_(The exact number of Solution Elements is to be determined as the system develops)_~~. Typically, the Solution Elements usually with- comprise at least one dietary measure, one vitamin or mineral item, and one herb. Each Solution Element is ONE of the following examples (NOT an exhaustive list):

Please amend the 3rd paragraph on page 20 as follows:

A FOOD to eat OFTEN such as Soy, fish, salad . . . oats, ginger . . green tea

- with amounts & frequencies
- _____ - weekly menus, shopping lists
- links to an on-line RECIPE BOOK (with static or video illustrations)
- maybe links to online healthfood stores and groceries

Please amend the 5th paragraph on page 23 as follows:

These THREE "~~HEalth~~ Health Conditions", with all the customer's personal info, are submitted to the WebServer. The WebServer checks for, and eliminates, conflicts in questions (e.g. menopause & prostatitis in same individual). The WebServer utilizes an underlying database connectivity layer to construct a query, including ALL customer's selected "Health Conditions" and personal information to send to the Database.